

**Amendments to the Specification:**

A substitute specification is enclosed which deletes the figures that were previously in the application. In addition, the substitute specification includes the following amendments which applicants ask be made to the specification. Material to be inserted is shown in **bold** and **underline** (new paragraphs to be inserted shown only in **bold**) and material to be deleted is shown in ~~strikeout~~ or (if the deletion is of five or fewer consecutive characters and would be difficult to see) in double brackets [ [ ] ].

On page 3, amend the paragraph beginning on line 4 as follows:

The mathematical transformation (Fast Fourier Transform) of the HRV data into power spectral density is used to discriminate and quantify sympathetic and parasympathetic activity and total autonomic nervous system activity. The power spectrum is divided into 3 frequency ranges. The very low frequency range (VLF) (.0033 to .04 Hz), is an index of sympathetic activity, while power in the high frequency range (HF) (0.15 to 0.4 Hz), is primarily due to parasympathetic activity. The following graph shown in Fig. 1 is from an HRV-data measuring device that taken from our proprietary software shows the power levels and the typical form when the two systems are in balance, that is the subject has achieved a level of passive awareness where the mind is peaceful and quiet.

On page 4, after paragraph 2 which begins on line 6 and ends on line 20, insert the following new paragraphs: